

## Tip of the Month:

Limit screen time as much as possible

This pandemic has been hard on everyone and screen time has become a daily part of everyone's lives.

When you are not required to use screens it is important to unplug and take a break. Especially for young children it is more beneficial for them to participate in unstructured play time.

It has been a hard year for everyone and it is important to remember that. Don't feel guilty about the amount of screen time your family may have had this past year.

Moving forward, try to plan activities that take you outside. Try to match the amount of time you spend on screens with the amount of time you spend outside.

You can visit the 1000 hours outside imitative to get ideas for outside time as well as a tracker.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p><b>1</b> Let's add to our writing basket today! NEW crayons, paper, chalk, paint, WORKING markers, sharp pencil crayons and pencils!</p> 	<p><b>2</b> Start bedtime a <b>half hour earlier</b> tonight to slow down &amp; have more fun with bedtime reading</p> 	<p><b>3</b> Go outside and make marks! Mix food colouring with water and put it in spray bottles. Let me colour the snow!</p>	<p><b>4</b> Let's play people games today like hide and seek and ring around the rosey!</p>	<p><b>5</b> Let's check out a virtual EarlyON class or one of the many videos on their virtual platforms!</p> 	<p><b>6</b> Let's empty the bowls/pots cupboard &amp; drum the rhythm of a song or nursery rhyme with a wooden spoon.</p>
	<p><b>7</b> Let's work together to build a blanket fort! Once it's ready we can read our favourite books in it!</p>	<p><b>8</b> International women's day! Let's call/Video call the special women in our life.</p> 	<p><b>9</b> Talk about things that made you happy today!</p> 	<p><b>10</b> Warm &amp; engaging <i>relationships</i>, not <i>things</i>, build healthy brains!</p>	<p><b>11</b> Let's sing our favourite songs together today!</p> 	<p><b>12</b> Let's use recyclable items to make robots!</p> 	<p><b>13</b> Visit the library today!</p> 
	<p><b>14</b> Let me paint with kitchen utensils. We can see what objects make which marks.</p> 	<p><b>15</b> Keep track of your child's milestones right from infancy. Screening helps all parents see if their child's development is on track.</p>	<p><b>16</b> Let's go for a walk and play I Spy. What can we spot in our community?</p> 	<p><b>17</b> Happy St. Patrick's Day</p> 	<p><b>18</b> Let's draw together. Bring paper and different writing utensils!</p> 	<p><b>19</b> Let's make slime today! We can find different textures in our house to copy onto the slime.</p> 	<p><b>20</b> Let's sing songs with finger actions. 5 little monkeys, Itsy Bitsy Spider, and Baby shark!</p> 
	<p><b>21</b> Let's print pictures of our family and hang them up in my room.</p> 	<p><b>22</b> Help me reflect on the weekend. What did we do this weekend? What did we eat? Who did we see?</p>	<p><b>23</b> Show me new words and help me understand what they mean.</p> 	<p><b>24</b> Lets write a letter to our family! We can trace my arms to send a hug!</p> 	<p><b>25</b> Show me how I can help around the house. Give me opportunities to show what I can do!</p> 	<p><b>26</b> Let's cut up flyers and magazines to make a collage!</p>	<p><b>27</b> Family Game Night!</p> 
	<p><b>28</b> Remember parents, take some time for yourself to recharge!</p>	<p><b>29</b> Let me help with dinner! I can learn to measure and mix!</p>	<p><b>30</b> Let's make paper puppets and recreate our favourite stories!</p>	<p><b>31</b> What was your favourite book you've read together this month?</p>			